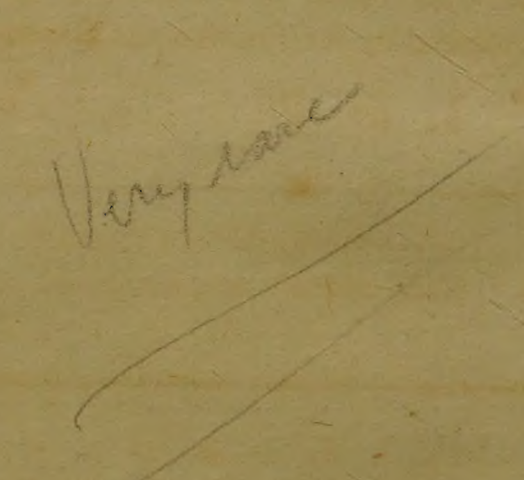


LA FOREST, NICOLAS LAURENT

CHIROPODOLOGIA.


Very rare

CHIROPODOLOGIA,

OR, A

SCIENTIFIC ENQUIRY

INTO THE CAUSES OF

CORNS, WARTS, ONIONS, and other painful or offenſive CUTANEOUS EXCRESCENCES:

WITH

A Detail of the moſt ſuccesſful METHODS of removing all Deformities of the NAILS; and of preſerving, or reſtoring, to the FEET and HANDS their natural Soundneſs and Beauty.

THE WHOLE

Founded on the approved Doctrines of the firſt Medical and Chirurgical AUTHORS, and ſyſtematically confirmed by the Practice and Experience of

D. LOW, CHIROPODIST.

———Si tibi vera videtur,
Dede manus: aut, ſi falſa eſt, accingere contra.
LUCRET. *Lib.* 2.

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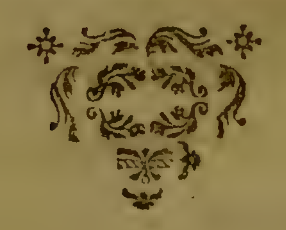
[circa 1770]

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PREFACE.

NUmberlefs are the difeafes and deformities of the feet and hands; numberlefs alfo are the fpecifics, or pretended fpecifics, which have been pompoufly announced, and credulouſly adopted for the cure of them. With too much truth, indeed, may they be ftyled *pretended*; for, as on the one hand, the very circumftance of their *multiplicity* evinces, that no *real* difcovery of the kind has *yet* exifted, fo, on the other, we may from every rational principle in medicine conclude, that, like many other ftill more important defiderata in the healing art, nothing worthy to be fo called ever *will* exift.

Let it not be ſuppoſed then, that the Author of the following Treatiſe, ſtooping to rank himſelf with the *charlatans* of the day, means to inſinuate that he is poſſeſſed of any ſuch *general* noſtrum, or conceives it to be in the ingenuity of man to deviſe one. Far different is *his* object in the enſuing pages; and from *them* he truſts it will appear, that, ſcorning to miſlead by artifice, it is his ſole deſire to inſtruct with candour.

Convinced that, like all other complaints incident to the human frame, the *external* ones in queſtion, trifling as they may *comparatively* appear, are too various, and too complicated, to admit of a *ſpecific* mode of cure, he has for many years, partly as a ſource of rational amuſement, and partly as an object of profeſſional emolument,

emolument, made it his ſtudy to aſcertain their *actual cauſes* from their *known effects*.

This was no eaſy taſk; but it was the only one which could open to him the avenues to truth: and hence it is that, having to the fruits of his own obſervation and experience, added thoſe of the moſt diſtinguiſhed practitioners, both ancient and modern, he has been at length enabled to form ſuch a ſeries of plain rules and directions, as cannot fail, he flatters himſelf, to qualify ladies and gentlemen to become THEIR OWN CHIROPODISTS, unleſs in particular caſes, which may require the interpoſition of a very nice manual operation.

In private practice they have already

Various as the diseases of these parts are in their effects, there yet appears to be little diversity in their causes—so little indeed, that we may reasonably reduce them to two heads; namely, violent or immoderate exercise on foot, and the use, or rather the abuse of shoes. To these may be added, as a co-operative cause, the slothful inattention of people in general to the parts themselves, from an absurd contempt of the manifold evils to which, through such inattention, they are continually exposed.

The grand fault, however, is to be ascribed to the habit of wearing short or narrow shoes, or rather, perhaps, unrefined as the idea may appear, to the habit of wearing them at all. Without shoes, the most delicate feet, far from being injured

injured by fatigue, would be more and more hardened and invigorated by it; and for the truth of this remark, let us turn our eyes to various countries yet uncivilifed, in which the *luxury* of wearing a SHOE is ftill unknown, and in which is likewife ftill unknown the *pain* which refults from a CORN.

In fact, nothing can be more evident than that from the ufe of fhoes, and efpecially thofe which the tyrant FASHION has fo long modelled for us, the feet are expofed to a perpetual friction. From this friction originate CORNS, CALLOSITIES, and thofe bulbous excrefcences, which, refembling an onion in form, are as yet undignified with a more polite, or more fcientific appellation than that of ONIONS merely. Befide, it

not only checks the NAILS in their growth, but augments their deformity; and, while it obstructs the natural course of the perspiration, it renders that important fluid so acrid and corrosive, as not unoften to produce, in addition to the above-mentioned complaints, others still more painful and more dangerous. But, waving general assertions, let us proceed to a detail of those stubborn things called FACTS.

CHAP.

CHIROPODOLOGIA.

CHAP. I.

A DEFINITION *of* CORNS.

DIFFERENT authors have given to this complaint different names. What we call a Corn, Avicenna deſcribes as an excreſcence little different in ſubſtance from the Nails, and ſituated near to one or other of the extreme joints of the toe. This definition, however, ſeems not to be conformable to the real nature of a Corn.

The Latins called it ſometimes *white Wart*, ſometimes *Clavus*, or *Nail*; and this laſt name it obtained merely from its reſemblance

refemblance to the head of a nail. By others it has been ftyled--quaintly enough, it muft be confeffed---the *eye of the foot* ; an appellation that took its rife from a certain black fpeck vifible on the centre of the Corn, and fimilar, as alleged, to that on the eye, which is the inftrument of vifion.

Few medical writers, even of antiquity, have omitted to treat of Corns. Celfus, in his differtation on the difeafes of the fkin, diftinguifhed them from other cuticular excrefcences, by the circumftance of their abounding lefs in blood. Bernard Valentine touches upon their nature, and their various caufes, in his large fyftem of furgery ; and he, moreover, relates fundry inftances of mifchief that had happened from the imprudent, or the unfkilful cutting of

Corns.

Corns. Juncker enters copiously upon the subject of them, and lays down a variety of methods by which they may be cured. Verduc has noticed them also, in his Pathology; nor did the great Heister think it beneath him to devote a whole chapter to a discussion of the means by which relief might be obtained from such troublesome, if not dangerous complaints.

Corns have also been commented on by Dolœus in his Encyclopedia; by Pigray in his Epitome; by Col-de-Villars, in his Course of Surgery; by Lavauguion in his Treatise of Operations; by Freke in his Art of Healing; and by a variety of other gentlemen highly celebrated in the medical world. If we attend ever so minutely, nevertheless, to all that has been said by them on the subject, we shall still have

the mortification to find, that our labour has been in a great meaſure loſt; and that the authors in queſtion, meanly ſtooping, almoſt without exception, to become the ſervile plagiariſts of each other, have produced nothing valuable as the fruit of THEIR OWN *obſervation and experience.*

Conſidered in a general light, a Corn may be defined a round tubercle, or cutaneous excreſcence, little different in its nature from a Wart, or a Calloſity.

Wiſeman is of opinion, that there is an eſſential difference between a Corn and a Wart in one reſpect, namely, that the latter puſhes itſelf outwardly from the ſkin, and the former, commencing

mencing in the cuticle, ſpreads its roots inwardly ; a remark which, founded as it is in truth, has been uniformly confirmed to me by practice.



CHAP. II.

Of the ORIGIN and NATURE of CORNS.

THE cauſe of this complaint is aſcribed to the exiſtence of a groſs and viſcid humour, which, hardened in the pores of the ſkin by a conſtant preſſure, forms at length a callous ſubſtance.

Platerus alleges, that excreſcences of this ſort are produced by the nutritive juice deſtined for the uſe of the ſkin, but obſtructed and hardened in the pores by means of this conſtant preſſure.

According to the doctrine of Lavauguion, Corns are occaſioned by a rupture of the nervous filaments of the *plexus*, or reticular ſubſtance of the ſkin; in which caſe,

caſe, the nutritive juice, which otherwiſe continually diſtils from their extremities, becomes coagulated under the epidermis, or ſcarf-ſkin, and thus gradually forms the ſubſtance of ſuch excreſcences.

This ſyſtem is not only highly probable in itſelf, but has alſo for its ſupport the teſtimony of obſervation; for I have never yet found a real Corn which was not either on the articulation of the phalanges, or at the extremity of one of them.

Hence I conclude, that Corns and Calloſities originate from one and the ſame cauſe, namely, a conſtant preſſure or friction. This difference is obſervable, however, that Corns are more frequently produced by preſſure, and Calloſities by friction; becauſe the latter more particularly

larly affects the epidermis, which is the natural ſeat of a Calloſity, whereas the former, penetrating in its effects to the inward extremity of the very hide, violently compreſſes the heads of the bones, and thus lacerates the adjacent parts.

In ſlightly uncovering the ſurface of a Corn with a proper inſtrument, we may perceive two, and ſometimes even three, white ſpecks. Theſe are vulgarly called its *roots*. They are neither more nor leſs, however, than ſo many lacerations, or rather, more properly to deſcribe them, ſo many ruptured points, in which the lymph, obſtructed in its circulation, has become coagulated.

Sometimes the callous ſubſtance of a Corn appears perfectly firm and dry; ſometimes,

ſometimes, again, it is found of a conſiſt-ence reſembling glue. This laſt circum-ſtance, however, rarely happens but to perſons advanced in years, who have been long ſubject to Corns; and the reaſon is, that Nature having for a long period chalked out for herſelf a paſſage toward the toes, the humours, reduced to a greater degree of attenuation, form a more copious efflux to thoſe parts.

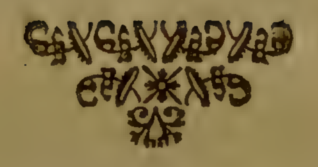
In many caſes, beneath the Corn there appears a veſicle, or little bag of blood, which, the moment it begins to ferment, creates grievous pains.

Great anguiſh is alſo experienced from a ſpecies of Corn which affects the articu-lations of the phalanges of the toes, but particularly of the little toes. From the

moſt minute attention and enquiry, I am convinced that this Corn proceeds, like all the reſt, from a rupture, or laceration of the nervous filaments of the ſkin; but that the laceration having happened when the capſulæ of the joints, and probably alſo the adjacent membranes, were ſwelled, the ſkin had formed an adherence thereto. And this adherence is attended with the more pain, as from the leaſt friction, the ſkin, deprived of its natural moiſture, is ſure to be affected in the moſt ſenſible manner.

Let me not cloſe this article without obſerving, that a genuine Corn does not always confine its ravages to the toe. I have already obſerved, that the lacerations which give birth to Corns are occaſioned by a friction of the boney parts,

parts, or by an external preſſure. Not only therefore may the ſoles of the feet, but alſo their ſides, be affected by them; and in ſuch caſes, the Corn is ſurrounded with a hard Calloſity, which, encreaſing its bulk, tends not a little to haraſs the patient, and to encreaſe his miſery.



CHAP. III.

Of the PAIN *occasioned by* CORNS.

MANY causes contribute to the pain occasioned by Corns; a pain which, as I have already shewn, is particularly violent, when there happens to be an adherence of the skin to the adjacent membranes, or to the capsulæ of the joints.

In those which are callous at their extremities, a continual filtration is formed from within, where the source of the complaint lies; but from this filtration, which may be considered as an effort of Nature to unburthen herself, dreadful

dreadful ſhootings ariſe, and, not unoften, very alarming inflammations.

In itſelf, a Corn is abſolutely void of ſenſibility; nor would it at all be productive of pain, but from its ſaid connection with, and adherence to the ſkin, or to the capſulæ of the joints. This is demonſtrable from the quantities of horny matter which are daily pared from Corns, without exciting in the patient the ſmalleſt ſenſe of uneaſineſs.

The excrementitious humour that forms the ſubſtance of a Corn, may not unaptly be compared to a piece of cat-gut, which becomes more or leſs ſhrivelled when dry, and more or leſs tumefied when moiſt. In each of theſe ſtates, as occaſioned by the atmoſphere,

Corns are productive of pain, often too of inflammation; and hence perhaps arofe the faying, handed down to us by our grandfathers and grandmothers, that perfons thus afflicted require not an *almanack*, predictive of the changes that may happen in the weather, their *feet* being fufficient monitors to them on that head.

Before I proceed to elucidate the methods of either palliating or eradicating the evils in queftion, it may not be improper to point out fuch as experience has confirmed to be effectual againft certain other cutaneous inflammations and excrefcences, which though widely different from Corns, are yet often confounded with them. This duty I think the more incumbent upon me, as it may enable

enable my readers to aſcertain clearly when they are, and when they are not afflicted with Corns; and thus put them upon their guard againſt the deluſions of quacks, who, becauſe they may occaſionally have had it in their power to cure certain *inferior* complaints of the feet and toes, ſcruple not to boaſt that it is equally in their power to eradicate Corns, and every other diſorder of thoſe parts, however obſtinate.



CHAP. IV.

Of certain CUTANEOUS EXCRESCENCES *vulgarly, but erroneously, styled* CORNS.

THE feet are liable to a number of external maladies, on which it would be needless, and indeed superfluous, to expatiate at present. By our learned countryman, Doctor Turner, and other writers, who have enlarged on the various diseases of the skin, ample instructions are given concerning them; and, at any rate, the object of the present Treatise (so far as it relates to the feet) being to investigate the nature and cure of those accidents merely which proceed from violent or immoderate exercise on foot, or from the use of short or

or narrow ſhoes, confuſion, not information, would be the reſult, were I to extend my views farther.

In walking, the toes are unavoidably expoſed to a greater or leſs degree of friction. If this friction be violent, and continued but for a ſmall length of time, the ſkin becomes ſcorched : it then appears full of white ſpecks, large as a lentil ; and in this ſtate the ſweat, or perſpiration, precipitated through its natural channels, but at length ſuddenly intercepted at the extremities, becomes ſo acrid and corroſive as to occaſion the moſt painful inflammations in thoſe parts.

The method of being relieved in ſuch caſes is perfectly ſimple, and conſiſts in gently removing, with a proper inſtrument,

ment, ſo much of the ſkin as appears white, and ſcorched; in reſting the foot, and the body alſo, if it be convenient; and in covering the parts affected with a bit of fine muſlin.

Between the little toe, and the toe next to it, adjoining to where they begin to articulate with the bones of the metatarſus, the ſkin is perpetually apt to be compreſſed, and pinched in walking. Thereby the epidermis is looſened; and from the eaſe with which this ſubſtance is regenerated, ſuperfluities are apt conſtantly to accumulate from it on the external parts—ſuperfluities which I have repeatedly beheld not inferior in ſize to a filbert.

Here alſo the moſt adviſable expedient

is to pare off the accumulated ſuperfluity, or excreſcence, with a ſuitable knife. Beneath, the fleſh will appear tender, and of a vermillion hue: no wonder, then, that in ſuch caſes the operation, mild as it is, ſhould be attended with ſome degree of pain; and eſpecially when it is conſidered, that all excreſcences, like thoſe now before us, are perpetually liable to irritate the adjacent parts, from the circumſtance of their being more or leſs impregnated with the acrid and corroſive qualities of an obſtructed perſpiration.

The above operation being performed, it will be neceſſary to fortify the parts by the application of a little lavender-water, or of any other ſimilar water. The ſpaces between the toes muſt then be

covered

covered with ſome carded cotton; taking care, however, to change it every day, leſt it ſhould form itſelf into lumps. In all ſuch caſes, be it remembered, reſt is highly neceſſary.

Theſe complaints may alſo be treated as common burns; for, in fact, they can be conſidered as nothing more than burns, occaſioned by the friction which the toes ſuſtain by violent exerciſe.

For this purpoſe I have often communicated to my patients, with ſucceſs, the following innocent recipe:

The whites of two eggs; two ounces of tutty of Alexandria; two ounces of quick-lime, diſſolved in nine waters; one ounce of new wax.——Thereto let as much of the

oil of roſes be added as may be neceſſary to form it into an OINTMENT *of a middling conſiſtence; then apply it as you would to a common burn.*

And here let it be noticed—noticed, alas! with regret, that the perſons who ſuffer moſt by the *pedeſtrian* evils here mentioned, are thoſe who by nature are the leaſt able to ſuſtain them—the LADIES; and of this circumſtance the whole blame is to be aſcribed to the funnel-like conformation of their ſhoes at the toes, through which the feet are as it were forced to paſs, from the prepoſterous elevation of the heels.

To the liſt of ſuch ailments may be added little nodoſities, which frequently appear on the ſole of the foot in various places,

places, to the no ſmall injury of the adjacent parts. Theſe are occaſioned by a deſiccation of the nervous *fibrillæ* of the ſkin; and the pain they communicate is like that which we experience in walking with gravel or ſmall ſtones in our ſhoes. They muſt be removed, by a ſuitable ſharp inſtrument, from the interior extremity of the ſkin, which thereby recovers its natural elaſticity; and as they are not apt to regenerate of themſelves, we may effectually triumph over them by one or two operations.

CHAP. V.

Of the PALLIATIVE CURE *of* CORNS.

THE cure of Corns is twofold; the one being merely *palliative*, the other actually *radical.* The latter is, indeed, often an effect of the former; but never ought the radical method to be attempted, unless when the palliative one has proved ineffectual.

This last mode of cure consists in extracting, with a proper knife, the callus of the Corn, as much of it, however, as may be found practicable; for it is a certain fact, that so long as the roots of this callus remain unextracted, we shall be perpetually subject to a reproduction of the Corn itself.

It is cuſtomary with many perſons to ſoak their feet in tepid water for about half an hour before they proceed to the exciſion of the callus; but if this operation is to be performed by a perſon of ſkill, ſuch ſoaking had much better be omitted.

By an experienced practitioner, the ſurface of a Corn may be removed without creating pain: and hence he is enabled to perceive the different ſtrainers of the excrementitious matter; which matter manifeſts itſelf by ſundry white or black ſpecks, vulgarly ſtyled the *roots of the Corn.* Theſe muſt be probed to the bottom; an operation which is the more eaſy, as the ſpecks in queſtion always appear perfectly diſtinct, when the parts have not been pre-

previoufly foftened by the above-mentioned cuftom of bathing them.

In the cutting of Corns, no force muft be ufed. We muft, on the contrary, ufe the knife with delicacy, and contrive fo to raife the edge, that it may not be obftructed by, or entangled in, the callus. The inftrument, proper for uncovering, or removing the furface of a Corn, muft be flat; and that which is employed to penetrate to the roots, if we wifh fully to extract them, muft be pointed, and concave. Neverthelefs, if the furface of the Corn be fo firm and dry, that we find it impoffible to remove it without running a rifque of blunting the edge of the inftrument, or of torturing the patient; in that cafe, it will be highly proper to

moiſten the part with a little tepid water.

Thoſe Corns which diſcover no white or black ſpeck, after having had their ſurface laid open, ſhould not be cut very deep. If this precaution be neglected, they will aſſuredly bleed; and therefore, in ſuch caſes, when we perceive the fleſh beneath to be of a natural colour, we muſt pare the edges, and thus cloſe the operation.

With ſtrict propriety may the feet be *then* ſteeped in lukewarm water. They ſhould not remain in it, however, much above a quarter of an hour. By the expiration of that period, we ſhall find the adherences to the callous part, which has been exſcinded, filled up, and covered with a very

very white and ſpongy prominence; which, on emerging the feet from the water, muſt in like manner be removed.

Thus it is that, under a ſkilful hand, we may reſt aſſured of obtaining a palliative cure of tolerable permanence; and I can even declare that, by the above-deſcribed method, I have effectually deſtroyed many Corns, without farther trouble either to the patient or to myſelf.

I cannot cloſe the preſent chapter, however, without touching farther on the miſchiefs that flow from the practice of ſoaking the feet in water, as a preparative for the cutting of Corns; and without alſo indicating the real methods by which, in ſuch complaints, where a palliative cure merely is required, my readers may with

ſafety undertake to become their own operators.

By ſoaking the feet in water, we ſo mollify the parts, that (the callus and the adjacent fleſh being reduced to one and the ſame ſtate) the patient himſelf is no longer able to diſtinguiſh the one from the other; and in this caſe, is it to be thought wonderful, that even the moſt expert practitioner, puzzled how to guide his inſtrument, ſhould, from motives of a prudential fear, do little more than barely pare the edges, or the extremities of the corn?

Let it not be underſtood, however, that I am ſo abſolute an enemy to this *preparatory* expedient, that I would have it aboliſhed in all caſes.--No:--I am ready to admit,

mit, becaufe I have repeatedly had occafion to obferve, that every perfon who cuts own Corns, will find an advantage in giving his feet a previous foaking for about half an hour. But let it be remembered, that this advantage is folely gained from the aukwardnefs which he feels, and which every man *muft* feel, while he officiates as *his own* Corn-cutter; and that, thus circumftanced, if the inftrument fhould unhappily become entangled in the callus, without in the mean time creating a fenfe of pain, he runs the utmoft hazard of pricking fome nervous or tendinous part; of opening the membranes of the joint, and of feparating its ligaments.

From accidents like thefe have proceeded dreadful mifchiefs, terminating, not unoften, in death itfelf; and merely to

prevent them, is the bathing-practice in queſtion to be commended. It would be abſurd, nevertheleſs, to imagine, that death could enſue from a mere effuſion of blood in the cutting of a Corn. The miſchiefs, to which I have alluded, are ſolely to be imputed, on the contrary, to a want of care in the operation. In cutting *one's own* Corns, for example, eſpecially when they have not been previouſly ſomewhat ſoftened by moiſture, it often happens that the inſtrument, entangled in the callus, rudely penetrates through it into the very quick, before we are aware. We then haſtily withdraw the inſtrument, leaving the parts of the callus to re-unite of themſelves, and to become impregnated with the extravaſated blood, or with filth, if not both. Hence, then, proceed ſuppurations—ſuppurations

too which are often fraught with danger, eſpecially if the blood be in a corrupt ſtate, or if the extremities of the patient, rendered feeble by age, are impaired in their propellent powers.

What I have advanced above, as proper to be obſerved, in order to obtain a palliative cure, may, in general, be conſidered as little more than preparative for a radical one; for, as I before intimated, it would be in vain to expect the latter, unleſs we had previouſly employed the methods proper for the attainment of the former.

CHAP. VI.

Of the Radical Cure *of* CORNS.

BOLD muſt be the man, who will, *in every caſe*, promiſe a radical cure of Corns; and credulous, as well as bold, muſt be the patient, who, relying on ſuch fallacious proteſtations, will endanger his health, if not his life, by adopting many of the pernicious experiments which are daily recommended to him for that purpoſe.

From what has been already obſerved on the nature of Corns, we may be convinced how uncertain it is to extirpate them ſo effectually, that they will never return; and beſide, when Nature has once chalked out for herſelf a particular path

path for the depofition of this or that particular humour, nothing can be more difficult, nothing more dangerous, than to make her deviate from it.

In order to obtain a radical cure, I have myfelf tried various expedients with a number of perfons, who were willing to run all rifques, could they but be affured of getting rid effectually of their Corns. In all of thefe cafes I acted with fafety, and in many of them with fuccefs. But this fuccefs was frequently obtained by methods from which I leaft expected it, while others, which, comparatively fpeaking, I confidered as infallible, proved actually abortive.

The doctrine of fpecifics in general is, in truth, a doctrine of abfurdity, as well as

of impoſition; and men of candour and intelligence have long ſince acknowledged the impoſſibility of diſcovering any thing of the kind for Corns. Turner obſerves, in his Treatiſe of the Diſeaſes of the Skin (and before Turner it was the remark of Sydenham, the Hippocrates of England) that the man who could deviſe a ſpecific even for Corns, though at the expence of a whole life's ſtudy, would deſerve the grateful thanks of his poſterity, and die with the glory of having rendered an ineſtimable benefit to mankind.

Is it not worſe than folly, then, for a perſon to pretend that he is poſſeſſed of a noſtrum effectual for the extirpation of Corns of every kind? And is it not a degree of madneſs to imagine that one and the ſame remedy can act with an uniform

degree

degree of force on the different qualities of different ſkins?—If there be a perſon wild enough to entertain any ſuch notion, it muſt be one who has never attended to the manner in which Corns grow, and to the manner in which they are deſtroyed.

The gums are among the beſt remedies for Corns; and of theſe I reckon galbanum to be the beſt. Galbanum warms, attracts, and reſolves. With theſe qualities, it often produces a cure; but it is ſo offenſive in point of ſmell, that, while we continue to uſe it, we muſt, in ſome meaſure, forego the pleaſures of ſociety. After having diſſolved it in vinegar, and properly prepared the Corn, it is applied to the ſize of a pea, and carefully changed every twenty-four hours.

The

The common pitch, which ſhoemakers uſe, is alſo very ſerviceable for the deſtruction of Corns; and it is uſed in the ſame manner as galbanum.

Gum Ammoniac ſoftens, attracts, and reſolves humours and hardneſſes; properties which render it very efficacious againſt Corns. In general, whatever ſoftens, melts, and reſolves, is poſſeſſed of this virtue, but particularly every ſpecies of gum.

I ſhall now preſent receipts for the compoſition of a few plaſters, which I can recommend as both ſafe and efficacious.

A PLASTER from SENNERTUS.

Take one ounce of the above-mentioned pitch; half an ounce of galbanum, diſſolved in vine-

vinegar; one ſcruple of Sal Ammoniac; one dram and a half of Diachylum. Mix the whole according to art.

Another from HELVETIUS.

Half an ounce of crude Antimony, pulverized; two drams of Mercurius dulcis; ſix grains of corroſive Sublimate.

Bray the whole for a conſiderable time upon a porphyry, and incorporate it exactly with the white of an egg, ſo as to form it into an ointment of a tolerable conſiſtence. After having properly prepared the Corn, apply it to the ſize of a lentil, and renew it every twenty-four hours.

A third approved Recipe.

Take Ceruſe diluted with Roſe-water, Litharge brayed with Lily of the Valley-water,

water, Minium purified with Morel-water, of each three ounces; of the Oil of Roses by infusion, twenty-two ounces; of yellow Virgin wax, one pound.

Put the whole into a varnished earthen vessel, and add four ounces of Morel-water. Boil it by a slow fire, till the water shall have evaporated; remembering always to stir it with a wooden spatula, that the lithage may be kept from burning, and made to incorporate with the other ingredients. When you perceive that the whole has assumed a tolerable consistency, take the vessel from the fire, and add seven ounces of refined Camphire, brayed in from six to seven drops of the Spirit of Lavender, and six drams of Turpentine. Then stir the whole, till it appears to be of a sufficient consistency for a plaster,

plaster, and in applying it, use a bit of soft glove-leather.

I have tried each of these plasters; and if they are not without caustics in their composition, they are also not without correctives sufficient to prevent all mischief from them. I can even assure my readers, that from the use of them no risque can accrue to the most delicate skins; but that, on the contrary, if persevered in, they may, by promoting the circulation, lead to the destruction of even inveterate Corns.

The methods, which I have next to propose, are more simple. A momentary ease, however, is all that can be expected from them; for where a Corn exists, the grand object must always be

to extirpate the *callus*. In order to render this callus ſoluble, we may with propriety employ either green wax chryſtalliſed, or the ſoft wax, which notaries uſe. In this intention, ſoap of every kind is uſeful; as alſo bruiſed Jubarb, Marigold-leaves, Roſe-leaves, or Ivy-leaves. For the like purpoſe, we may have recourſe to other ſubſtances, which, poſſeſſed of emolient properties, have a natural tendency to maintain the callus of the Corn in a due ſtate of ſoftneſs and ſolubility, and to mitigate the pain that reſults from it.

Certain it is, that no remedies approach more to the nature of ſpecifics, than thoſe of a cauſtic quality, which are applied for the extirpation of Corns. They are replete, however, with danger; for if, in melting, they happen to attack the ner-

vous

vous and tendinous ſyſtem, dreadful may be the conſequences. For my own part, I ſhould prefer an actual cautery, in order to deſtroy the different ſtrainers of the excrementitious matter; for all we have to deſire, in ſuch caſes, is to ſeparate this matter, and to divert it from the paſſages which led to the formation of the Corn.

Avicenna directs Corns to be gradually deſiccated with a bit of burning wood, which ſhould be made to approach, as near as poſſible, to the parts affected: and he adds, that, after having repeated this operation till the Corn has diſappeared, we muſt, in order to deſtroy the root of it, apply melted butter.

Another remedy, ſeemingly not leſs

uncertain in its effects, is directed by Chauliac. In the firſt place, he ſays, we are to ſcrape the excreſcence from the Corn, and render it as ſmooth as poſſible. We muſt then apply to it a plaſter, or a tin-plate, with a hole in the centre, equal in circumference to the Corn, and pour therein a drop of burning ſulphur, to remain upon the part till it is extinguiſhed; which being done, we muſt rub it with a little cerate, and direct the patient to avoid exerciſe or motion.

Rouſſelot, another French writer on the Diſeaſes of the Feet, relates the caſe of a perſon of rank, who had been for ten years a priſoner in the Baſtille. This gentleman, he obſerves, after having cured Warts upon his Hands, by a method peculiar to himſelf, employed that method, with

with equal ſucceſs, againſt his Corns: For this purpoſe, forming a ſmall ball from a ſpider's web, he placed it upon the Corn, and ſet fire to it. The web, thus knotted together, and conſuming but gradually, excited in him a moſt acute ſenſe of pain; but it was the inſtrument by which alone his Corns, like his Warts, were made effectually to diſappear.

My ſole reaſon for mentioning theſe three violent remedies is, that every perſon who may have the temerity to put them in practice, may be warned, by the pain which they excite, not to try them too far. I own that from the laſt expedient I have myſelf witneſſed ſucceſs; but, at the ſame time, I muſt declare that it is one which ought by no means to be uſed indiſcriminately.

The truth is, many perſons, in an extremity of anguiſh, are hardy enough to undertake any thing which may promiſe to give them eaſe; and eaſe, they are too apt to think, cannot be obtained ſpeedily and effectually but by the ſtrongeſt remedies. But there can be little prudence in exchanging temporary pain for permanent lameneſs; which is ſure to follow from all *violent* applications, when there is a ſtrong adheſion of the Corns to the nervous or tendinous parts of the toes, or of the ſoles of the feet. On no account, then, muſt recourſe be had to either of the ſaid very *forcible* methods, without proper advice; and even in thoſe caſes, which may ſeem moſt to require them, the patient, if he would conſult his *future* eaſe and happineſs, will be careful previouſly to conſult ſome perſon, who,

who, from ſtudy, or from practice, may be enabled to determine with judgment, not only about his complaint, but about the remedy proper for it.

It is of the laſt conſequence, indeed, never to employ any methods but palliative ones merely, when the Corns are painful, and accompanied with ſymptoms of inflammation; and in ſuch caſes, if it be propoſed to attempt a *radical* cure, the prudent way is, not to operate at all, till the inflammation ſhall have ſubſided.

In this ſtate of pain and inflammation, the patient muſt, without delay, repoſe himſelf, in order to abate the inflammation, which, probably, may have been ſolely occaſioned by violent exerciſe on foot, or by ſhoes too ſhort, or too narrow.

But, if the inflammation ceafe not, we may reafonably conclude, that an abfcefs is formed around the callus, or beneath it. In this cafe, we muft apply to the Corn a plafter of Turner's-cerate, fpread upon a bit of glove-leather, about the fize of a fhilling, and cover the foot with a cataplafm, compofed of bread and milk, and the yolks of two eggs. The cataplafm muft always be changed as it becomes dry; and, if the inflammation be confiderable, we may even, before it is applied, embrocate the whole part with the oil of rofes, or with olive-oil.

This accident, even when properly attended to, will fometimes take up forty-eight hours, without the danger, however, of any frefh accident fupervening. The pus then fhows itfelf about the callus, where

where a proper vent has been formed for it; and the part being bathed with warm wine, over it muſt be applied a diachylum-plaſter, which completes the cicatriſation.

Perſons, in cutting their own Corns, eſpecially when they are ſituated on the lateral parts of the toes, are liable to open one of the little arteries. This misfortune will occaſion an effuſion of blood; but let it not create too great an alarm. The mode of remedying it is ſimple, and conſiſts in applying to the orifice a bit of common blotting-paper, ſecured with a ſmall bandage.

They are alſo apt to prick a nerve, or a tendon; and then the pain, horrible to an extreme, is ſometimes even convulſive. In ſuch caſes, the pure balſamic remedies

muſt be employed; as Oil of Turpentine, Balſam of Peru, &c.

Often, too, from credulity, or from inexperience, they are induced to apply to their Corns plaſters compoſed of cantharides, or of other violent cauſtics. From this miſconduct, inflammations ſupervene; the ſkin becomes excoriated; and even the tendons are ſometimes laid actually bare. Theſe miſchiefs, however, are not to be remedied by fat and unctuous applications. Spirituous and deſiccating ones, on the contrary, are proper; and it muſt not be omitted to apply to the whole part an emollient cataplaſm, in order to diſpel the inflammation.

If a ſlough appears, it muſt be removed by a digeſtive, compoſed of freſh butter, the

oil of ſweet almonds, the yolk of an egg, and a little ſaffron; or elſe by Baſilicum, with a little of the Balſam of Turpentine. When the ſlough becomes looſe and moveable, the digeſtive muſt be taken off; and in its ſtead it will be proper to apply ſuch balſamic remedies as I have recommended in a pricking of the nerves and tendons.

It may, perhaps, be thought that I have been too minute in the precautions, above laid down, againſt diſorders ſo *trifling in* APPEARANCE, as thoſe of which I have been treating. Ever let it be remembered, however, that the Feet are liable to no diſorders which are *trifling in* REALITY.

Beſide, it is to be obſerved, that the bones of the phalanges of the toes are

ſpongy,

ſpongy, and no wiſe cruſtaceous, conſequently eaſily rendered carious; that Corns have their ſeat near to the ſheaths of the tendons, are often adherent to them, and capable of diffuſing pain over the whole muſcular ſyſtem with which they are connected; that, conſequently, the humours, rendered more or leſs corrupt, may communicate their baleful influence to the whole habit.

Such are the reaſons which have induced me to be ſo particular in my directions about the treatment of the diſorders in queſtion; diſorders, which are found to be uncommonly obſtinate, when neglected, and which, therefore, fraught as they alſo are with miſchief, cannot be remedied too ſoon.

Having diſcuſſed the ſubject of Corns, let us now proceed to that of Warts.

CHAP.

CHAP. VII.

Of the NATURE, CAUSES, *and different* SPECIES *of* WARTS.

ACCORDING to Galen, Warts are an heterogeneous and unnatural ſubſtance, puſhed with violence toward the ſkin, by dint of the internal faculties: and from this definition we may conclude, that they are of the ſame nature with every other cutaneous exuberance or deformity.

Juncker ſays, Warts are extraordinary excreſcences of the nervous fibrillæ of the ſkin, which ſettle chiefly upon the Face and Hands. The principles of all ſuch excreſcences conſiſt in a ſaline, groſs, and atrabilious humour, which, denied the power of circulation, thickens inſenſibly, till

till it forms itſelf into the calloſities under conſideration. When the circumambient juices are ſound, they are productive of no kind of pain; and, even when they are left to their free courſe, the moſt offenſive circumſtance about them is the unſeemly appearance which they give to the parts affected. This remark, however, extends by no means to the Warts which are ſituated on the ſoles of the Feet; for theſe, from the lacerating violence which they occaſion in walking, are experienced to be a ſource of infinite pain.

Authors have reckoned up many ſorts of Warts. They all proceed, nevertheleſs, from one and the ſame principle, differing from each other merely as to ſpecies. The ancients do not agree with

the

the moderns either about their name, their nature, or their cauſe; and therefore I ſhall not treat, at preſent, but of thoſe which are moſt known.

Warts, then, properly ſo called, are of three ſpecies, namely, the round, the flat, and the pendant; and they all incline to ſettle on the Hands, or the Face, rather than on the Feet.

The round ones, which are the moſt frequent, reſemble a young leek in the head; and hence it is, that in France the round Wart is diſtinguiſhed, to this hour, by the name of *porreau*, or leek.

The flat ones, though leſs prominent than theſe, are yet much larger. The Latins called them *verrucæ formicariæ*;

which, uncouth as the expreſſion ſounds, may be tranſlated *Ant-Warts*; and the reaſon why they obtained this name, muſt have been, that, in cutting their ſurface, we feel a pain ſimilar to what is commonly experienced from the bite of an Ant. Celſus is of opinion, and experience, in fact, tells us, that this ſpecies of Wart is particularly inclined to fix either upon the palm of the Hand, or upon the ſole of the Foot; and in this laſt caſe, for the reaſon I have already aſſigned, the patient is generally ſubjected to no ſmall trouble and inconvenience.

The pendant ones, ſtyled by ſome authors *verrucæ penſiles*, and by others, *achrocorda*, generally take root on the Hands of Children, and vaniſh of their own accord.

Diffe-

Different ſpecies of condylōmata, tubercles, and even ſpots on the ſkin, have alſo been claſſed as Warts; but, for my own part, I ſhall confine my remarks to thoſe cutaneous excreſcences which are to be conſidered as Warts, according to the general acceptation of the word.



CHAP.

CHAP. VIII.

Of the TREATMENT *of* WARTS.

WE know of two general methods by which Warts may be cured; namely, extirpation, and the application of external remedies. Turner, however, recommends for this purpose three remedies; and these are the cautery, whether actual or potential, incision, and ligature.

These different expedients are to be adopted according to the species of the Wart; but it is always necessary to examine previously, whether or not the excrescence be accompanied with a malignant quality which may render it

can-

cancerous. In this caſe, the diagnoſtic ſign is a continual pricking, accompanied with an unuſual ſenſe of pain in the part affected. We muſt alſo pay a particular attention to the ſpot on which the excreſcence is ſituated, in order to enable us to determine the proper remedy, or treatment, which ſhould be adopted; for, otherwiſe, the patient might probably be expoſed to accidents ſimilar to thoſe which I noticed in the laſt chapter upon Corns.

The round, and the pendant Warts being nearly ſimilar, the ſame treatment is proper for both, when their ſituation is favourable for it; that is, when they are not placed upon the joints of the phalanges. In ſuch caſes, we may employ

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the method of ligature, and effect an extirpation of the Wart without incurring the danger of a defluxion. For this purpose, let the root of it be tied round with a bit of horse-hair, or waxed thread, and compressed to what degree the patient can bear. By these means, the juices are intercepted in their communication with the part; and the Wart, with ease desiccated, falls off insensibly. In order to get rid of it more expeditiously, I have often seen the part rubbed with arsenick, or with sublimate; but this is a practice highly dangerous. When the Wart has begun to disappear, however, it may not be improper to apply to the root an escharotic, or even a common needle, made red-hot; nor can any mischief flow from the application of a spider's web, according to the method which in the preceding

ing chapter I defcribed the gentleman to have ufed with fuccefs for his Corns.

Under the like circumftances, Warts of either of thefe fpecies may, with equal certainty, be conquered by incifion. This operation is performed by cutting them till they are reduced to a level with the fkin. It is an operation, however, which renders the ufe of a cautery neceffary, in order to dry up the root of the Wart effectually; whereas the operation of ligature is, of itfelf, generally fufficient to carry it off entirely.

The Warts in queftion may alfo be deftroyed in the fame manner as Corns, by flightly opening them around with a proper incifion-knife. But this is an operation which fhould never be per-

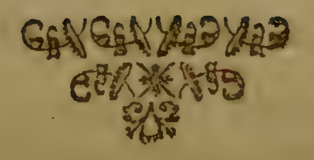
formed but by a perſon of knowledge and experience, unleſs the patient be willing to expoſe himſelf to every riſque which can flow from the want of thoſe qualifications, ſo eſſential to a real Chiropodiſt.

The flat Warts, namely, the *verrucæ formicariæ*, or, as they were likewiſe ſtyled by the Ancients, *myrmecia*, are ſtill more difficult to be removed; and for this reaſon, that, beſide being leſs prominent than the others, they are more deeply, and more firmly rooted.

Many authors have delivered it as their opinion, that Warts in general ſhould be cauteriſed; and for this purpoſe we find the moſt violent eſcharotics pre-

ſcribed;

cribed, ſuch as Sulphur, the Lapis Infernalis, and Sublimate. For complaints ſo trifling, however, let patients beware of having recourſe to applications ſo dangerous.



CHAP. IX.

The ſame Subject continued; with approved RECIPÉS *for the* CURE *of* WARTS.

RHAZIS affirms, that in order ſo to reſolve and deſiccate Warts as to obtain a perfect cure of them, they muſt be rubbed with the leaves of the Caper-tree, or with moiſt Carobs.

Other learned practitioners have adviſed an application of the leaves of Yarrow; as alſo of the herb Robert, India Purſlane, the greater Scrophularia, and Wart-wort. Each of theſe may be applied, in a bruiſed ſtate, either together, or ſeparately. Their properties

are,

are, to relax the parts, and to refolve the coagulated humour; nor can any danger accrue from the ufe of them.

The juice of the *Trifolium Acetofum*, and of the common Milk-thiftle, may likewife be ufed; and though both thefe herbs are of a corrofive quality, yet is that quality fo flight as to be productive of little, if any injury, even to the moft delicate fkins.

Different authors have recommended a cataplafm of goat's dung, vinegar, and bruifed bifhop's-wort; as likewife a liniment, of which the following is the recipe:

Take of the Oil of Tartar, three drachms; of white camphorated Ointment, one drachm; of Quick-lime, one fcruple.

A recipe for another liniment to be ufed in fuch cafes.

Take of new Wax, Rofin, and Oil of Camomile, one drachm each; of Tacamahaca, two drachms; of Orpiment, one drachm: and form the whole into a liniment or plafter.

The ancient method of treating Warts (and it is the one which, from experience, I can pronounce to be the moft eligible confifted in the ufe of cauftics and acids. It is a method which doubtlefs requires a previous knowledge of the ftate of the Wart; but ftill there are few cafes in which it will not produce a cure. The Wart being, as I have already intimated, an affemblage of a number of the cutaneous fibrillæ, the fole object is, to corrode thofe fibrillæ fo as to difunite them;

them; and this point being gained, the Wart itſelf neceſſarily periſhes, and crumbles away.

Aqua-Fortis I have always found perfectly ſafe, as well as ſucceſsful, when applied with prudence. In uſing this remedy, take ſome of the very beſt Aqua-Fortis, and dip into it the point of a tooth-pick. The firſt drop would be too large; therefore let it fall, and then apply the point of the tooth-pick to the middle of the Wart. Repeat this operation twice a-day, till the Wart be diſunited in all its parts, and then it will drop off of itſelf.

The Oil of Tartar, by deliquium, produces the ſame effect, though more ſlowly. It is to be obſerved, however, that

that when the Hands are full of Warts, the large ones only are to be touched; for when these disappear, the small ones are sure to follow.

Galen mentions a man, whose only method of cure consisted in sucking them with his lips; by which means they became so prominent and loose, that he was able to tear them out with his teeth. The custom, however, is an *antedeluvian* one; and, happily, modern improvements have rendered it no longer necessary.

But, in order to banish such complaints, it is not sufficient to employ merely the remedies above set forth; the patient must have recourse to different other expedients, which, whether the object be to accelerate a cure, or prevent pain,

pain, can alone be determined by the prudence of a ſkilful operator. If, for example, we touch a flat Wart on the ſole of one of the Feet with Aqua-Fortis, either the patient muſt undergo a ſenſe of pain, when the fibrillæ become diſunited, or he muſt avoid putting the affected Foot to the ground. In this caſe, it is neceſſary to put a ſubſtance of ſome ſort (and nothing can anſwer the purpoſe better than a bit of an old hat) between the ſhoe, and the ſole of the Foot. This ſubſtance muſt be fitted exactly to the ſhoe, with a hole preciſely under where the Wart is, and large enough to contain it. By ſuch precaution we obtain the double advantage of avoiding pain, and preventing a farther growth of the Wart; nor is it leſs uſeful when the ſoles of the Feet are afflicted with troubleſome Calloſities.

Simple as Warts are in themſelves, there are more popular miſtakes reſpecting the deſtruction of them, than there are certain methods by which they may be cured. In fact, every perſon ſeems to have his own particular remedy or remedies, or, more properly to expreſs it, his own particular error or errors; and to be ridiculed, they require but to be examined.

That the vulgar ſhould embrace deluſions—that thoſe deluſions ſhould be publiſhed to the world, and even inſinuated into practice—theſe are circumſtances which have an appearance of poſſibility; but that medical authors—authors, too, of learning and reputation—ſhould not only broach, but propagate the moſt egregious abſurdities, which folly, under the cloak of ſcience,

ence, could ſuggeſt, that is a weakneſs at which reaſon recoils with aſtoniſhment.

Thus it is, however: and even Etmuller ſcruples not gravely to tell us of the great benefit he experienced from the human *uſnea*; a kind of greeniſh moſs which grows upon the ſkulls of perſons who have periſhed by a violent death, and been for ſome time expoſed to the open air. Apply this moſs, ſays Etmuller, to a Wart, and you will find it at once a ſpeedy and a certain cure.

But a remedy ſtill more extraordinary is recorded by Juncker; a character equally conſpicuous in the medical world. He deſires his readers to take a thread from the ſhirt of a dying criminal, at the part, however, which ſeems to be moſt impreg-

impregnated with ſweat; as, for example, under the arm-pits. On this thread we are to form as many knots as the patient has Warts; and with one of the former we muſt rub one of the latter, in ſucceſſion, till they are all rubbed. This ceremony being performed, the thread is carefully to be buried in a moiſt place; and—*wonderful to tell!*—it will be found, that in proportion as the knots are conſumed, the Warts are conſumed alſo. Juncker declares, that he never knew this remedy to fail. It might be ſo; but it will require no ſmall degree of faith to believe him, till it can be explained wherein conſiſts the affinity of a Wart with the perſpiration of a wretch doomed to ſuffer upon a gibbet.

Were I not aſhamed to dwell on ſuch

ſcien-

ſcientific puerilities, I could quote many other viſionary expedients which authors, otherwiſe entitled to high reſpect, have handed down to poſterity, as actually infallible againſt Warts. All I ſhall add, therefore, on the ſubject of theſe complaints is, that the beſt applications for the perſon who means to be his own operator, are thoſe which are the moſt mild; and that, on the contrary, cauſtics, under the direction of a ſkilful Chiropodiſt, will be found to act with much more ſpeed, as well as with much more efficacy, without in the leaſt endangering the moſt delicate ſkin.

CHAP.

CHAP. X.

Of CALLOSITIES, *their* NATURE, *their* CAUSES, *and their* CURE.

CALLOSITIES are the effect of an habitual friction, or compreſſion of the Feet. By ſuch friction, or compreſſion, the epidermis, or ſcarf-ſkin, is particularly affected; and with ſo much eaſe is this ſubſtance regenerated, that it is no ſooner detached from the mucous parts to which it had adhered, than another is formed that prevents them from again uniting. The primitive epidermis being thus deſiccated, and denied farther nouriſhment and growth, each ſucceeding one becomes in like manner detached, in proportion to the friction, or compreſſion; and theſe, uniting themſelves into a body, become

become that excreſcence which we call a Calloſity, and which, in its formation and texture can be compared to nothing more aptly than the *ſtratum ſuper ſtratum* of a common paſte-board.

Calloſities occupy all the parts of the Foot which, from whatever cauſe, are ſubjected to a conſtant friction, or preſſure. In countries where the peaſants are taught to go bare-footed, we find but one Calloſity; and this Calloſity, covering the whole ſole of the Foot, ſerves to it as a guard from external injury. Hence it is, that we ſee people, thus rudely reared, tread familiarly over the moſt rugged ſtones; and that, without encountering in their walks a ſubſtance ſharp enough to pierce the ſoles of a ſhoe, their own bare ſoles are unſuſceptible of pain.

With us, however, it is different; and the ſoles of our Feet are hardened but partially. Thus, when our Calloſities have attained a certain degree of conglutination and dryneſs, they become impenetrable as horn, but are, till then, unproductive of pain; and it is at this ſtage that, whether we walk, or uſe any other violent exerciſe on foot, they are ſure to pinch and bruiſe the tender fleſh adjoining. From theſe pinches and bruiſes proceed defluxions, accompanied ſometimes with tumours, inflammations, and even abſceſſes; and theſe effects take place chiefly under the articulation of the great Toe with the firſt bone of the Metatarſus, which, with the Heel, forms the chief ſeat of Calloſities in general.

Upon the whole, however, theſe complaints

plaints are not painful, unlefs when accompanied with accidental circumftances which render them fo; and yet, like Corns, they are fubject to one inconvenience, which is productive of a very fenfible uneafinefs, namely, that of being more or lefs fwelled or contracted, as the weather is more or lefs moift or dry.

Deftroy but the caufe which created a Callofity, and the Callofity itfelf will vanifh fpontaneoufly, without the ufe of any external application whatever. But as it is impoffible, when the complaint is feated in the Feet, to make the *caufe* ceafe, without actually ceafing ourfelves to walk, the point is, to render the *effect* as little troublefome as poffible. This can alone be done by paring the Callofity, when it has acquired a certain degree of thick-

 nefs.

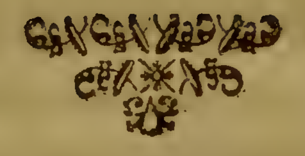
ness. It is an operation unaccompanied with pain, if cautiously performed with a suitable instrument. In the first place, it is necessary to soften the part by immersing it in tepid water; and then the callus is exscinded, leaf by leaf, as it were, nearly in the same manner as it was formed. Care must be taken, however, not to cut too deep; for, beside the pain which an error of this kind might create to the patient, especially in walking, other disagreeable effects still might follow.

In the event of a misfortune of this kind, apply to the part, the moment it feels painful, a cerate composed of wheat-flour, and new wax, divided into equal parts, and duly incorporated together. But for the cure of Callosities, and for the prevention of the disagreeable accidents

which may ſupervene from them, there is no method ſo certain as that of having them prudently pared with a proper inſtrument. I muſt confeſs, nevertheleſs, that I have often ſeen good effects from the practice of rubbing them with pumice-ſtone, or with a piece of the ſkin of a dog-fiſh, after the parts have been ſoaked in water.

If the Heel, or the articulation of the great Toe with the bone of the Metatarſus, ſuſtain a bruiſe, accompanied with an extraordinary pain in the middle of the Callus, with a heat and inflammation about it, recourſe muſt be had to the means above recommended for ſoftening the part. When this is accompliſhed, let the Callus be gently pared off, *ſtratum* by *ſtratum*: and if it appears to be inclina-

ble to form into an abſceſs, we muſt immediately procure a vent for the matter; corroborate the part with ſome warm vinous or ſpirituous liquid; and, laſtly, heal up the wound by the application of a little gummed diachylum.



CHAP.

CHAP. XI.

Of the NATURE *and* CAUSES *of* ONIONS; *with Methods by which they may be prevented, as well as cured.*

ONIONS are an unnatural tumour of the cold oedematous kind, ſoft, lax, and of a whitiſh aſpect. *In themſelves*, they are not painful; but ſuch is their ſoftneſs, that in preſſing them with the finger, they retain the print of it, provided they are not actually dried up at the centre. Their uſual ſeat is at one or other of the interior ſides of the Foot, on the articulation of the Metatarſus with the great Toe; and women are more commonly troubled with them than men.

Their caufe, totally different from that of Corns, or of Callofities, is to be afcribed to a violent and continued trituration of the fynovia; and by this trituration the humour fo called is often fo impoverifhed, attenuated, and divided, as to be forced from its natural fituation, and carried, in a ftate of coagulation, to the centre of the tumour.

The cartilages, which line the cavities of the bones, thus deprived of their wonted cooling nourifhment from the fynovia, become dry and tumid. A fwelling even fupervenes at the heads of the bones of the above-mentioned articulation of the Metatarfus, occafioned by the depreffion, added to the over-heat, of the boney laminæ; and confequently they are made to occupy more room. The tendons, which ferve for the movement of the Toe, fud-

denly

denly lengthened out, and ſqueezed one againſt another, frequently render it crooked, and force it into a ſituation either above or below the adjoining Toes ; and in this caſe the Foot aſſumes an appearance of deformity, which it is impoſſible for a ſhoe of the moſt exquiſite workmanſhip to conceal.

But it may be aſked, "Whence proceeds this trituration of the ſynovial juice ?" I anſwer, it proceeds from two cauſes.

The firſt cauſe is, the habit of wearing Shoes with high Heels, ſuch Heels eſpecially as the ladies wear. In fact, the Foot being thus raiſed, with the Heel, upon a pivot, as it were, with hardly a ſurface, two other ſupports are neceſſary, in

order to walk with firmneſs. One of theſe is furniſhed by the little Toe, and the other by the articulation of the great Toe with the bone of the Metatarſus; and it is by the friction and preſſure they thus undergo, that Onions are produced.

It is, indeed, impoſſible that, from ſuch a poſition, they ſhould not ſuffer greatly in theſe reſpects; becauſe the great Toe alone is ſtretched out, while the point of the Foot forms a declivity; and becauſe, which is an argument more unanſwerable ſtill, Nature tells us, that in order to walk with eaſe, the Foot ſhould be placed horizontally upon the ground.

The ſecond cauſe is, the habit of wearing Shoes too ſhort. By reaſon of the conſtraint in which the Foot is kept, from

the

the Heel to the extremity of the great Toe, the outward part of the above-mentioned articulation or joint, is not only liable to be bruiſed, but to form a prominence, which muſt, of courſe, be expoſed to a continual friction. Hence proceeds a ſtoppage in the circulation of the blood and lymph; and whether, in the mean time, the ſynovial fluid ſhould make its way to the centre of the part affected, and become dried up, or ſhould unite itſelf with the coagulated blood, and create a fermentation, in either caſe the moſt intenſe pain would follow.

I intimated before, that women are much more ſubject to Onions than men; and I truſt I have now aſſigned juſt reaſons *why* they are ſo. It is to be hoped, then, that the above hints will have their

due

due weight with all thoſe who are not determined, right or wrong, to prefer *faſhion* to *eaſe* ; for it is an undeniable truth, that the only method of effectually preventing, not only Onions, but every other diſorder of the Feet, is to avoid wearing either ſhort Shoes, or high Heels.

While the Onion is yet in a ſtate of ſoftneſs, it may be eaſily remedied. For this purpoſe, many people ſay, " Let the patient put a little of his *ſpittle*, *faſting*, into the hollow of his hand, and rub the part with it till the ſpittle is dried up ; remembering, however, that the operation muſt be renewed for ſeveral mornings ſucceſſively." But this is the language of ignorance. On the evening of each day, however, it is proper to apply to it a little

bag

bag of Sal Ammoniac, ſteeped in Roſe-Water, and to take it off in the morning.

A plaſter, formed from the gall of a hog, may alſo be applied with advantage; and it is thus prepared:—Take the gall of the animal, and ſuſpend it in the chimney till it is ſo far dried as to form a kind of thickiſh pomatum; then take of it to the ſize of a pea, ſpread it upon a bit of an old glove, and apply it to the Onion, renewing the plaſter every twenty-four hours.

When the centre is callous, from a deſiccation of the maſs of ſynovia, the part thus hardened muſt be extirpated; and over it, in order to prevent irritation, emollients and diſſolvents ſhould be applied. But the treatment of Onions

can alone be determined with precision by the nature of the accidents with which they are complicated; and in proportion as these vary, the prescriptions for them must vary also. At all events, however, they should be checked in their infancy; for by tampering long with them, the patient often experiences to his sorrow, that a cure which, with proper advice, might have been obtained with ease in the beginning, cannot afterwards be obtained, even by the most expert practitioners, but with difficulty.

CHAP.

CHAP. XII.

Of CHILBLAINS.

THE complaints now under consideration (which in Engliſh evidently derive their name from the words *chill* and *blains*) have for their principle a ſtagnation of the blood, cauſed by a contraction of the capillary veſſels of the ſkin, from violent cold.

For the moſt part, their characteriſtic ſigns are manifeſted by a redneſs in the part or parts affected, accompanied by an unequal inflation in the ſkin, an uncommon heat, and an inſufferable itching. Their general ſeat is upon the Hands, the Toes, or the Heels; and ſometimes they appear

alſo upon the Elbows, the Noſe, and the Ears.

Chilblains are ſeldom attended with much danger; yet when neglected, they not only become exceedingly difficult to cure, but are even apt to bring on ſuppurations and gangrenes.

When the diſorder manifeſts itſelf, and an uncommon itching is felt, we muſt have recourſe to a decoction of Marſh-mallows, with which (remembering, however, to impregnate with it a ſufficient quantity of vegeto-mineral Water) it is neceſſary to bathe the parts for ſeveral days ſucceſſively.

It is alſo highly expedient to attempt a reſolution of the humours by the mode of

ſuch

ſuch fomentations as may tend to open the pores of the ſkin, before it ſhall have become ulcerated.

For this purpoſe, many perſons uſe the brine of beef, ſalt or ſalted water, cold ſimple water, and even ſnow; taking care, however, to beſtow proper frictions on the parts affected, without which the pores would neceſſarily become more and more contracted, inſtead of expanded.—None of theſe remedies will prove effectual, however, at the more advanced ſtages of the diſorder; and in ſuch caſes, Doctor Turner uſed to recommend the following preſcriptions:

Take of White Wine, one pint; of Alum, one ounce. Let them boil together for about a minute; and with this decoction, when

 moderately

moderately cool, bathe the part affected. —Otherwife, he adds—*Take of the Oil of Laurel, two ounces; of common Honey, one ounce; of Turpentine, half an ounce. Mix the whole together, and from time to time, rub the part with it.*

Thefe *recipes* may be adopted with fuccefs, whether the Feet or Hands are the parts that fuffer. To perfons who are fubject to Chilblains, they act as a fafe prefervative likewife. In this refpect, an application of the common *Turner's Cerate* is alfo ufeful. It ferves to prevent a congeftion, or ftagnation of the humours; but we muft remember to renew it, whenever it becomes loofe, nor omit to continue it, while the weather remains cold.

When the parts are open, and ulcerated,

rated, or even inclinable to an ulceration, we may with advantage have recourſe to the following *recipe*, which, ſimple as it is, requires ſome degree of nicety in the preparation.

Take, then, a lump of Alum, and burn it till it becomes actually calcined. This being done, take of the ſubſtance thus calcined, and reduced to a powder, half an ounce; of Litharge two drams.

Bray the whole, for a conſiderable time, in a ſtone-mortar; add a quantity of the Oil of Roſes, ſufficient to form it into the conſiſtency of a Pomatum, and apply it to the parts affected.

In all caſes it is to be obſerved, that when the extremities of the body are

deeply affected by cold, or, as it is vulgarly expreffed, *froft-bitten*, we muft, on no account, approach a brifk fire; for thereby, the humours being ftill more obftructed, dangerous inflammations may fupervene. In fuch predicaments, to be precipitate in obtaining relief, is to be imprudent to an extreme, and to defeat the very end which we are fo anxious to accomplifh. The proper method, therefore, is to revive the benumbed parts (that is, to reftore in them a due circulation) by degrees; and for this purpofe, let them be bathed in water, tepid at firft, and rendered afterwards, *gradatim*, more warm.

CHAP. XIII.

Of the NAILS, *viewed in a general Light.*

THE Nails, whether of the Toes or Fingers, are hard and ſolid bodies, tranſparent, and of an oval figure. Situated at the extremities of thoſe parts, in their ſubſtance they reſemble horn; for, like horn, they are compoſed of a number of longitudinal fibres. Theſe fibres, becoming more or leſs united and conſolidated, in proportion as they become more or leſs detached from the epidermis, or ſcarf-ſkin, follow, in their formation, the ſhape of the curvatures at the ſaid extremities; which extremities Nature deſigned them to cover, and to protect, as it were, with a ſhield.

In point of thickneſs, the Nails, as I have already obſerved of other cutaneous excreſcences, are formed, *ſtratum ſuper ſtratum*, like a common paſteboard. Unlike all ſuch groſs ſubſtances, however, the Nails are ſo far diaphonous as to diſcover the qualities of the humour which predominates in the body. Thus they are generally of a purpliſh hue in men of a ſanguine temperament; dark-coloured in old people, and in melancholic habits; and pale in perſons of a delicate conſtitution. They change their colour on the approach of a fit of the ague, whether tertian or quartan; and a ſkilful phyſician knows how to form uſeful concluſions from the appearances which they aſſume in caſes of poiſon or contagion.

If of a proper conformation, they are

commonly renewed nearly at the return of every fourth month. There are perſons, nevertheleſs, who regularly loſe their Toe-Nails entirely every year, at a certain period ; and who have freſh ones grow up in their ſtead, without exciting the ſmalleſt pain.

Though the Nails of the Fingers, and the Nails of the Toes, are perfectly alike in their ſubſtance, and in their mode of accretion, or growth, they are yet ſubject to accidents widely different. In the following chapter, I ſhall conſider the complaints to which the Finger-Nails are chiefly expoſed, with the proper methods of preventing, or of curing them; and in the ſucceeding one, I ſhall take a ſimilar view of thoſe which are more immediately apt to affect the Toe-Nails.

CHAP. XIV.

Of the proper Methods of preserving the FINGER-NAILS—*Of the Defects in their original Conformation—Of the Accidents to which they are liable, and the Means by which they may be remedied.*

A Well-shaped Hand is no small addition to a well-shaped Body. If they do not correspond with each other in symmetry, we are instantly impressed with an idea of deformity, or defect; and for this reason, that the Hand is one of those parts which, of course, present themselves most obviously to our view.

As from a mere glance at the Hand, we naturally form our notions of the degree of gentility or vulgarity with which a per-

a perſon has been brought up, ſo it is from the attention which he may have given to his Nails, that we are enabled to judge of his perſonal cleanlineſs or ſloth.

Certain it is, that Nails, well-formed, well-arranged, tranſparent, free from ſpots or furrows, of an oval figure, and of a vivid colour, contribute greatly to the beauty of the Hand. But theſe are advantages which fall not to the lot of every man; and if at all they are to be obtained, when originally with-held by Nature, it can alone be by the advice and aſſiſtance of a ſkilful practitioner, who has made the diſeaſes of ſuch parts his ſtudy.

If the Nails are faulty from their primitive conformation—that is, if they are

by Nature rough, uneven, or furrowed, it is rarely poſſible to improve them; but if their only defects are, that they incline more to puſh to the one ſide than to the other—that they are too much covered at the roots—that, having been for a long time cut too ſhort, they can no longer be made to extend to a level with the ſkin—then it comes within the reach of an expert Chiropodiſt to remove the evil, and to reſtore them to their native elegance.

It has been pretended by numbers of the empyrical tribe, that when Nails, defective even from Nature, have been made to fall off, by the means of a plaſter applied to them for that purpoſe, they will be ſucceeded by others beautiful, and well-formed. Experience, however, proves the falſity of this notion; and, under ſuch cir-

circumſtances, the patient may think himſelf exceedingly happy, if his Nails do not grow up in a ſtate more unſeemly than before. But as there are caſes in which it may be neceſſary to produce new *Toe-Nails*, by a deſtruction of the old, I ſhall point out, in their proper place, the true methods of performing this critical operation.

A Nail, originally of a proper ſhape, will always grow again with its primitive beauty, whatever accident may have befallen it; provided, however, that the earlieſt attention be paid to the complaint, and that the root itſelf be not damaged. In ſuch caſes, and, indeed, on every occaſion, when the object is to promote the growth of a Nail, it is proper to apply to the part a cataplaſm, compoſed of two or three

three handfuls of *Cinque-foil*, beat up with a ſufficient quantity of *Hog's-lard.*

After a ſevere fall, or when the Nails, and parts adjacent, have, from whatever cauſe, received a violent contuſion, we muſt inſtantly dip the Hand into cold water. This is one of the moſt powerful repercuſſives, or repellents; and if, notwithſtanding the ſaid precaution, the blood ſhould become extravaſated under the Nail, it may be removed by pricking the part where it is thus lodged.

This operation is performed without pain; and it often prevents the loſs of the Nail. The blood being thus diſperſed, our next ſtep muſt be to apply to the part a ſmall pledget impregnated with ſome balſam of a healing and deterſive quality.

If

If the Nail be torn in part from the flesh, we must, with a proper instrument, pare it down as near to the root as possible, and apply some simple digestive; as, for example, a pledget composed of the yolk of an egg, the oil of Hypericum, or St. John's Wort, and Turpentine, duly mixed.

When a sharp substance of any kind may have pierced through the Nail, or penetrated beneath it, no inconvenience will follow, if, after having let a little blood, the wounded part be dipped in olive-oil, and carefully wrapped up, in order to guard it from the external air, and from filth.

During the growth of a new Nail, we must always remember to apply the cataplasm,

plaſm, above recommended, of Cinque-foil and Hog's-lard; nor muſt we omit, on ſuch occaſions, to uſe a Finger-ſtall conſtantly.

The white *ſpecks*, which ſo often diſfigure the Nails, are occaſioned by a dryneſs in the laminæ, of which the Nails themſelves are compoſed, and by a conſequent defect in the adheſion of their conſtituent parts. The method of preventing them is eaſy, and conſiſts in frequently dipping the points of the fingers into a little river-water, in which a ſmall portion of alum has been diſſolved.

Not leſs ſimple is the general mode of preſerving to the Nails their proper *ſhape*. For this purpoſe, they muſt be

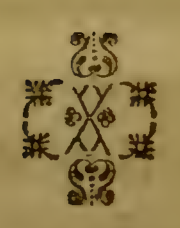
cut

cut ovally, and ſo as to correſpond with the configuration of the fingers, without being allowed either to over-top the fleſh, or to be over-topped by it. The pellicle of the extremity of the epidermis, at the root of the Nail, of which it often covers a conſiderable portion, may alſo be exſcinded with the points of a pair of ſciſſars, or with ſome other ſuitable inſtrument; but, in thus exſcinding it, we muſt be careful not to penetrate to the quick. * This operation being duly attended to, or rather that hereunder mentioned, in order to preſerve the Nails always clean and bright, as well as ſhapely, I would recommend the following preſcription:

Take

* It is often, however, hardly poſſible to guard againſt this accident; and therefore my uſual practice, on ſuch occaſions, is to remove the pellicle in queſtion with a bit of common ſlate-pencil, rounded into a proper form for that purpoſe at the point.

Take of the Oil of bitter Almonds, one ounce; of the Oil of Tartar, by deliquium, one dram; of prepared Crab's Eyes, half an ounce. Add thereto as much of the Essence of Lemon *as may be necessary to give it an agreeable flavour; dip into the whole a bit of sponge, and so apply it.*



CHAP.

CHAP. XV.

Of the Defects in the Conformation of the TOE-NAILS; *and of the Accidents to which they are expofed.*

THE Nails of the Toes are commonly more thick than thofe of the Fingers. This is the only circumftance in which they differ from each other materially; but it is a circumftance which Nature has wifely ordained, inafmuch as the fuperior thicknefs of the Toe-Nails ferves greatly to fortify the Foot in walking, and to guard it againft external injuries.

The reafon why the Nails of the Feet thicken with fo much more eafe than the

Nails of the Hands, is, that the juices which contribute to the growth of the former, are neceſſarily, from the very ſituation of the parts, more copious.

One of the principal faults in the conformation of the Toe-Nails, is their tendency to penetrate, in an angular direction, into the circumjacent fleſh. There are ſome Nails alſo which, inſtead of following the level of the ſkin, become more prominent as they grow. Others there are which, however well formed originally, acquire at length ſo extraordinary a degree of thickneſs, that no *ſciſſars* will cut them; and not a few are there which, poſſeſſed of no determinate form, can hardly be conſidered but as mere callous ſubſtances. It often likewiſe happens, that the nutritive juices, after their afflux to

the Toes, being impeded in their proper office of contributing to the growth and formation of the Nails, ſtagnate in their angles, or at their extremities, and become at length ſo putrid, as well as viſcous, underneath, as to make them periſh, and fall off inſenſibly.

Such are the principal defects that relate to the conformation of the Nails of the Toes.—With reſpect to the injuries to which they are ſubject independently of their conformation, little needs to be ſaid. Theſe are, in fact, reducible to two heads; namely, the damage they may ſuſtain from the fall of a heavy weight upon them, and that which may enſue from their having violently hit againſt a ſtone, or other hard body, whether in walking or running.

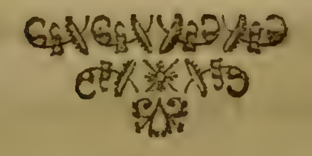
In the former caſe, it is rare that the accident, when violent, is not followed with a loſs of the Nail; becauſe the blood, neceſſarily extravaſated beneath, forms a painful fermentation, which, terminating frequently in an inflammation and ſwelling of the whole Toe, creates an unſufferable anguiſh to the patient. When it is more mild, however, the only miſchief is an *ecchymoſis*, or a depoſit of blood under the ſkin, at the root of the Nail.

In the other caſe—that is, when the Nails have received a caſual injury in walking or running—we ſeldom find all the Toes affected. It is the great Toe alone which ſuffers; and though thereby, in very bad caſes, a loſs of the Nail might follow, yet a new one would ſoon ſpring up in its ſtead.

In collisions of this sort, the more slender the Nail is, the less resistance it makes; and therefore only a few of the *laminæ*, of which it is composed, will be loosened from the root. But those *laminæ*, rendered incapable by such accidents of contributing to the formation of the Nail as usual, will afterwards grow beneath it; and, instead of preserving their common flat figure, they will assume a pyramidal one, and often produce no small degree of pain to the patient, without discovering any unusual appearance externally. By such shocks even the stoutest Nail may sustain a disunion of all the *laminæ* that enter into its composition. In this case, the Nail changes its form entirely. It ceases to grow in length, but encreases so much in bulk, that I have

actually, from this very caufe, feen a Toe-Nail as big as a filbert.

In general, the accidents which befal the Nails of the Toes are exceedingly painful; but, if fpeedily and fkilfully attended to, there can be no doubt but that they may be cured with perfect eafe and fafety.



CHAP.

CHAP. XVI.

Of the Methods of remedying Defects in the Conformation of the TOE-NAILS.

THE methods now under consideration consist, in general, of those which may have a tendency to correct the Nails in their mode of growi[ng], in order to give to them, if [possi]ble, a better form.

It often happens that the Nail of the great Toe inclines, more or less, to penetrate into the flesh, on the one side or the other. This misfortune, productive as it is of a violent pain and inflammation, is attended with the additional hardship, that it renders it difficult, if not impossible, to walk. In order to remedy it,

 let

let the Foot be ſoaked in tepid water for about half an hour, or, at leaſt, till the Nail be ſoftened; and then, with a ſmall file, or even with a bit of common glaſs, ſcrape it till it is rendered ſufficiently fine, as well as pliant, for the operation which is to follow. This operation is performed by gently raiſing the Nail with a ſuitable probe, and by inſinuing therewith, between the part of the Nail and fleſh which is immediately affected, a piece of lint, dipped in warm wine, or brandy.

Should this method be ineffectual, which rarely happens, ſoften the Nail as before, and introduce with caution one of the branches of a pair of delicate ſciſſars, under that portion of it which is entan-

gled

gled with the fleſh: then cut it; and, after having extracted it gently with a pair of tweezers, properly conſtructed for the purpoſe, apply the lint as already directed.

When the Nail of the great Toe is affected, the chief circumſtance to be dreaded is, an encreaſe of proud, fungous fleſh around the part; and for this reaſon, that the humours have a natural tendency to reſort thither. In order to eat away this proud, fungous fleſh, applications have been recommended of calcined Alum, Minium, and the common red Precipitate. Theſe remedies, however, muſt be uſed with extreme caution; and though Doctor Turner, in his Treatiſe of the Diſeaſes of the Skin, beſtows the higheſt encomiums on the

common red Precipitate in ſuch caſes, yet it would require, at leaſt, the ſkill of a Turner to uſe ſo violent a corroſive with tolerable ſafety.

The defects in the conformation of the Nails proceed, as I have already obſerved, from a greater afflux of humours to the parts than is neceſſary for their growth. This ſuperfluity, lodging itſelf under the angles, or at the extremities, of the Nails, renders them rough and protuberant; and in order to reduce them to a proper ſize, or even to mitigate the pains of which they are thus productive, no method can be better than that of ſcraping them.

As the Nails, when originally misfaſhioned by nature, ſeldom, if ever, aſſume [illegible] a more

a more perfect form in their ſecond growth, we ought not to extract them by art, unleſs when they are in danger of rotting off, from the cauſes before aſſigned; and then, by deſtroying the ſource of their corruption, we may be enabled to produce, at leaſt, a Callus to ſupply the want of the Nail.

In caſes where it may be neceſſary to deſtroy the Nail (after having ſatisfied ourſelves that no miſchief can accrue from opening a freſh paſſage to the humours, whether from their own depravity, the advanced age of the patient, or his feeble conſtitution) we muſt, after having ſufficiently attenuated it with a ſuitable inſtrument, apply a cataplaſm compoſed of white Lily-roots, and roots of Althæa, mixed up with Oil of Roſes; and ſhould this

recipé

recipé prove ineffectual, a ſmall veſicatory will make it fall off, without either pain or danger.

The offenſive Nail being thus removed, the part muſt be bathed with a little warm wine, in which have been boiled one dram of Cypreſs-Nuts, one dram of Gall-Nuts, and the bark of a Pomegranate; with an addition of a little of the juice thereof, ſo as to act as a corroborative: and, when the new Nail begins to appear, we muſt not omit to accelerate its growth by an application of the cataplaſm of Cinque-foil, recommended in pages 112 and 114 of the preſent Treatiſe.

CHAP.

CHAP. XVII.

Of the Methods of remedying the Accidents *to which the* TOE-NAILS *are exposed.*

AMONG the accidents in queſtion, few are more grievous than a ſwelling and inflammation of the fleſhy parts of the Toe, from the conſtant friction or preſſure which it ſuſtains from the Nail; and in ſuch caſes, while we apply to the Toe itſelf a mucilaginous plaſter, we muſt uſe for the ſwollen and inflamed part a cataplaſm of bread and milk, with the addition of the yolk of an egg, and a little powdered ſaffron. Wrap it round the whole of the part affected; and, when dry, renew it.

Should a depoſit of extravaſated blood, or of any other noxious matter, be formed under the Nail, we muſt procure a vent for it as ſoon as poſſible; and if this precaution be neglected, we run the riſque of deranging its roots, and conſequently impeding its future growth. We muſt then, having bathed the part with a little warm wine, apply a pledget to it, and bind it up. It will ſoon appear covered over with a cruſt; but this cruſt muſt not be meddled with, and will in due time fall off of itſelf.

Hildanus relates the cure of an inveterate ulcer on the Toe, which deſerves to be repeated in this place for its ſingularity, and ſtill more for its importance in teaching us how neceſſary it is, *in every diſorder whatever*, to know its *real cauſe*.

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The Patient was a young man, a native of Zurich, whoſe great Toe had received a contuſion, which was followed, firſt, with a ſwelling and inflammation, and, ſoon after, with an ulcer, that baffled every effort to heal it. There was alſo a fleſhy excreſcence on the Toe, larger than a bean, which covered almoſt one half of the Nail. Attempts were made to conquer this excreſcence by cauſtics, till it appeared, that what had been conſumed by day, returned in the night like a fungus. Hildanus, in endeavouring to aſcertain what it was that thus obſtructed the cure, perceived, that the Nail was ſeparated from the fleſh beneath the excreſcence; and that the pain and defluxion were occaſioned by its conſtant irritation of the ſound fleſh about the root of the Nail. Having diſcovered the cauſe, his firſt ſteps were,

were, to purge the Patient, and to take a little blood from the arm of the ſide on which the Toe was affected. He then put a little of the powder of burned Alum to the excreſcence; and, in order to mitigate the pain, a cooling cataplaſm was applied, of which he gives the form as follows:

Take of Bean-flour, two Ounces; of the Powder of red Roſes, of Balauſtines, of Cypreſs-Nuts, and of Saffron, two Drams each.

Render the whole of a proper conſiſtency with the Yolk of an Egg, the Oil of Roſes, and Roſe-Water; then apply it warm, not only to the Toe but to the whole Foot.

By this treatment, Hildanus adds, the

ſwelling

ſwelling diſappeared, and the pain and inflammation ceaſed. The excreſcence alſo diminiſhed by degrees: and when it had ſo far abated as to leave uncovered the Nail which was detached from the fleſh, he exſcinded the remainder with a pair of ſciſſars, and a ſcalpel; applied to the part a deſiccative powder; and compleated the cure, preſently after, with the ſimple addition of a plaſter of Diapalma.

When the Toes ſuffer from the fall of a heavy weight, put the Foot into cold water; and then apply to the part a paſte compoſed of Acorns, newly gathered, and Soap, bruiſed together, and rendered duly moiſt with a few drops of Brandy.

When they have ſuſtained a ſhock in the action of walking or running, or when, from any other cauſe, the *laminæ*, detached from the Nails, and rendered ſuperfluous, ſprout up with pain in a pyramidal form, the moſt adviſable method is, to extract them with a proper inſtrument.

Of all the accidental complaints to which the Feet are liable, this is the moſt frequent. Ignorant people call it a Corn under the Nail. It is, in fact, the boaſt, and the triumph of Quacks; and for this reaſon, that all ſuch *Corns* (if *Corns* they muſt be called) are eaſily extracted, and that, *when extracted*, the operator muſt have been a bungler indeed, if the pain do not ceaſe.

The

The Nails, as I have already mentioned, are renewed, in, or about, every fourth month. It is to be obferved, therefore, that the fubftances which form thefe complaints, when detached from the root of the Nail, grow beneath it fo imperceptibly, that frequently the pain is not felt for two months after the accident happened; and as it is impoffible to extract them at the extremity of the Nail, without cutting into the quick, fo there is a neceffity for piercing it at the very fpot where the extraneous matter is lodged. This operation, fkilfully performed, is not, as it may be fuppofed, attended with pain; but care muft be taken immediately to fill up the aperture, which has been made in the Nail, with a little lint, dipped in fome fpirituous liquid,

Upon the whole, I truſt that by a due attention to the directions I have above faithfully laid down, my readers may not only be enabled to preſerve their Nails in a proper form, but to prevent (if not in all caſes actually cure) a number of external complaints, which, however ſlight in appearance, are ſure to terminate in very ſerious conſequences, when, from whatever cauſe, neglected.

POSTSCRIPT.

AT the close of a work which, little capable of furniſhing *general entertainment*, has profeſſedly for its object purpoſes of *general utility*, the Author thinks it incumbent upon him to announce, that he continues, as uſual, to diſpenſe the following valuable articles; for the perfect ſafety, as well as peculiar efficacy, of which he is happy in having an opportunity thus publicly to pledge—what, he truſts, will never be forfeited by him—his HONOUR.

Though they are all the actual fruit either of his own invention or improvement, yet to neither of them will he preſumptuouſly aſcribe the praiſe of being an abſolute *ſpecific* remedy; that is—plainly

to

to expreſs what, in fact, amounts to an abſurdity in terms—a remedy *poſitively infallible in all caſes, and under all circumſtances whatever.* This he can freely affirm, however, that for a conſiderable number of years they have been ſucceſſively adminiſtered by him to hundreds and hundreds of both ſexes; and that, to this hour, an inſtance has not occurred, in which they have failed to afford complete and permanent ſatisfaction both to the Patient and the Proprietor.

This notice he conceives to be the more neceſſary, as certain ingredients, eſſential to the compoſition of ſundry preſcriptions recommended in the courſe of the foregoing pages, cannot, at all times, and in all places, be obtained but with difficulty, nor, *when obtained,* pre-

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pared without ſome ſkill, added to a conſiderable degree of trouble and attention.

In order, then, to obviate ſuch inconveniences, the public, on application to D. Low, at his Houſe, No. 42, Davies-ſtreet, Berkeley-ſquare, may always be accommodated with,

1ſt. His Chiropodo-Salve, or Corn-Composition, at 2*s.* 6*d.* *per* pot, with directions.

2dly. His Tincture for Warts, at 1*s.* 6*d.* *per* phial, with ditto.

3dly. His Emollient Lotion, ſo eminently uſeful, as well as pleaſing, in its application to the feet or hands, when from a defect of perſpiration, or failure in the propellent powers, they feel dry, parched or inflamed, at 5*s.* *per* phial, with ditto.

He likewiſe begs leave to recommend his REAL STEEL NIPPERS, price 5*s.*

ALSO,

His new-invented IVORY NAIL-MODELS for the hands, which are ſo happily contrived as to form the Nails gradually and agreeably into the ſhapely appearance of an elegant convex, price 10*s.* 6*d.* *per* ſet, with ample directions.

N. B. The Author's days of conſultation AT HOME are, Mondays and Fridays; and the remainder of the week he devotes to an attendance on ſuch ladies and gentlemen as may chuſe to honour him with their commands to wait upon them at their own houſes, either for advice or aſſiſtance.

FINIS.

